

3

2

1



YONEX

BWF
BADMINTON
WORLD
FEDERATION

TOTAL
QUARTZ

YONEX

TOTAL
QUARTZ

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Zone 3

Description: You are on top of the rally, in balance, your opponent is in zone 1, and you are looking to finish off the rally within the next 2-3 shots.

Primary goal: Stay in zone 3

Secondary goal: Win the rally

Zone 2

Description: Play is even. Both players are in balance and initiative alternates between 60 and 40 percent control in each shot. Opponent is not likely to win the rally within the next 2-3 shots.

Primary goal: Stay in zone 2

Secondary goal: Move to zone 3

Zone 1

Description: You are under pressure and out of balance. Opponent is in zone 3 and is looking to finish off the rally in a few shots.

Primary goal: Stay alive - keep rally going

Secondary goal: Move to zone 2